



Soaringwords

SOARING into Strength: Post-Traumatic Growth Workbook

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Workbook Activity 1: Icebreaker: what's in a name?

What did you learn after hearing the story behind a name?





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Workbook Activity 2: Coping Mechanisms

List 3 to 5 coping strategies you use when something traumatic happens in your life, your family, or in your community.



Workbook Activity 3: Reflections on Post-Traumatic Growth

- Domain 1: Relatedness to People. Valuing Relationships More.
- Domain 2: Personal Strength. I feel stronger than ever before.
- Domain 3: Heightened Appreciation of Life.
- Domain 4: New Possibilities.
- Domain 5: Renewed Spirituality/Religious Connection/Existential Experiences

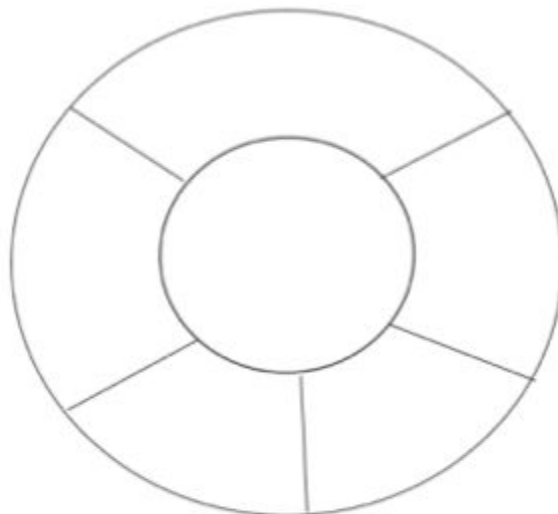
Pick one stage and please take 5 minutes to journal about how you have experienced this aspect of Post-Traumatic Growth.



Workbook Activity 4: Circle of Support

Add your name to the middle of the bottom circle and add 5 other names of people who can be a support system for you.

Example:





Workbook Activity 6: What is your sunlight?

Think about something that nourishes you. It can be your favorite song, a memory of a wonderful vacation, or your favorite prayer or psalm. You can think about a special person who inspires you, or a real or imaginary place that gives you comfort.

What is your sunlight, what lights you up? Now write a few sentences to bring some sunlight in your life.

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Workbook Activity 7: Expert Companions

List 5 people who can serve as an Expert Companion for you. Write a few words about why you picked each person and how you can get the expert companionship you want from them.



Guidelines for Creating SoaringHaikus®

Haiku is a form of poetry invented in Japan. Master poets spent years writing these short poems about nature, animals and feelings. You can be a poet, too. Write a Haiku and draw a picture for hospitalized children to make someone smile and laugh!

There are only **three lines of words** in each Haiku.
The first line and last line have five syllables in them.
The second line has seven syllables in it.

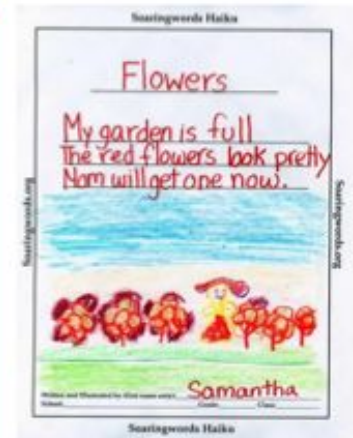
5 syllables — 7 syllables — 5 syllables. You got it!

Here's How to Get Started:

1. Pick a subject that you want to write about (example: dogs, flowers or space)
2. Write down a few descriptive words about your subject using the 5-7-5 syllable count.
3. After you've written the three lines of your Haiku poem, make a large drawing that fills up the entire page, using a lot of colors.
4. Create a title for your Haiku. It can be mysterious so the reader has to guess what your Haiku is about or it can be very clear.
5. Write your name on the bottom of the page.

Pointers:

Do use SoaringBorder to write your Haiku.
Make sure your words are legible and neat, so that the Haiku can be easily read.
Your Haiku may end up on our website!
Use darker colors for the words.





Title

Created for you by: _____

Age: _____